

# Peer Groups



**Carers come together in a group and meet with people in similar caring situations. It is an opportunity to connect, share, and learn from each other.**

Peer Groups are free and available to all Carers who would like to:

- Connect with the local community
- Connect with people in similar circumstances
- Develop networks to help support and connect with one another
- Meet with other Carers to share experiences, stories, and knowledge
- Learn from one another and hear from a range of guest speakers on identified topics
- Discuss ideas and strategies that Carers may use to overcome challenges in their caring role.

If you provide assistance to a family member or friend who is frail due to age, has a disability, a drug or alcohol related problem, is experiencing mental illness or has a long term medical condition, **Carers SA is here to support you**

*"I want to thank you for the extraordinary support you have given me through some challenging times. I would like to acknowledge your staff who are the most compassionate and empathetic people I have come across. All this has made a huge difference in my life and quite frankly have been overwhelmed by the kindness of your organisation."*

Lucy

To find out more about a local Peer Support Group please contact Carers SA via the Carer Gateway on **1800 422 737**

*Carers SA is committed to the safety, participation and empowerment of all children and young people.*



An Australian Government Initiative

Connecting carers ●●●● to support services

# Are you a Carer?



A Carer is someone who helps a family member or friend with:



emotional support



grocery shopping



preparing meals



administering medicine



personal care



paying bills

## Is this you?

Free support is just a phone call away.  
Contact **Carers SA** via the Carer Gateway  
on **1800 422 737** or visit **carerssa.com.au**



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